



FOUNDERS
KITE CLUB

SARDINIA, ITALY

24. – 27. MAY 2018

FKC XPAND - an intimate members only event for 10 people

FKC XPAND

Join us on a **unique 3-day journey**, to Xpand and explore your inner boundaries, and to rediscover creativity, innovativeness and inner freedom in both business and personal life, from a fresh perspective. **FKC Xpand is an immersive experience, custom designed for FKC community members.** It was born out of our wish to deepen and expand the value for FKC members, to strengthen the bond between the members, and to strengthen the FKC community as a whole.



FKC XPAND

In an **intimate, strong group of no more than 10 participants** that were carefully selected to create the right mix and dynamics, we will **explore creativity, innovative thinking, inner boundaries and inner freedom** in both business and personal life, using a variety of techniques.

These techniques include scientifically proven practical mindfulness and meditation techniques, guided reflection and exploration, creativity-enhancing color & painting exercises (no previous experience required), and of course - kitesurfing!

Research in neuroscience and psychology has proven that mindfulness and creativity techniques improve **clarity and focus**, increase **creativity and innovative thinking**, **reduce stress and anxiety**, **increase mental and emotional flexibility and balance**, enhance **self awareness**, and generally increase levels of **happiness and well-being**.



The atmosphere

The FKC Xpand events atmosphere is designed to be free, open and fun, and at the same time - intimate and discrete. Your journey will be personal and individual, with like-minded members who will be sharing the experience with you. So you can choose how much to process internally and how much to share or discuss, and with whom.

To allow the experience to be truly immersive, no phones will be used during sessions, however a contact number will be provided.

What to expect?

For some, this might be a refreshing experience providing a fresh perspective on a specific issue. For some - a step in the path of defining their inner northern star, for both personal and business life.

The best approach, however, would be to expect nothing. To come open minded and curious, and simply dive in.

(See? Practicing mindfulness already!)



ACCOMODATION

Where?

We will all be staying at the beautiful, secluded **Villa Solenzana**, situated in a spectacular location on the seashore on the **beautiful island of Sardinia**. Surrounded by an emerald sea, characteristic coves and beaches of snow white sand, Sardinia is an island full of natural contrasts, old traditions and a wild and pure nature.

Our Villa is located inside a small condominium, in the urbanization Pischina Salidda, about **1 km from the center of Stintino**, a small village inhabited mostly by fishermen. The villa occupies an entire peninsula, with private access to the sea for the three sides and faces the old harbor and the whole the Asinara Gulf. We will be exploring some beautiful kiting spots around the area.



FOOD AND SERVICES

Surrounded by a 6,000 sqm Mediterranean garden, our villa has an abundance of nature and private areas to explore, including a veranda, pool, Finnish sauna and a **direct, private sea access**.

We will have **two private chefs** who will be cooking our meals from local, fresh ingredients, a 24/7 concierge, and 24/7 transport available at our disposal, to explore kiting locations, including 2 vans and drivers.

More pictures and info about the villa can be found at
<http://www.villasolenzana.it>



FKC-Xpand is lead by Dr. Liraz Lasry.

Liraz is a FKC member herself and is part of the FKC board.

She is also a **Business Management Professor** teaching executives and entrepreneurs at Tel-Aviv University and at NYU, a public speaker and a **TEDx speaker**.

In recent years she has been closely **advising founders, investors and entrepreneurs** on both professional and personal journeys.

Liraz has been **practicing and studying mindfulness for over 13 years**, including periods of deep practice and studying in a UK Buddhist monastery.

She is also an **artist**, focusing on abstract painting as a way of exploring inner freedom and inner creativity.

On her path to breaking out of inner boundaries and on her search for inner freedom, she has discovered kitesurfing. She is a beginning keitesurfer, yet an enthusiastic one. **Ask her to tell you her kitesurfing story...**



SCHEDULE



24th May

09.00 – 20.00	Arrival at own convenience * We warmly recommend arriving in the morning, to allow yourself to slow down and ease into to experience.
20.00 – 21.30	Opening Dinner

25th and 26th May

09.00 – 10.00	Breakfast and daily announcement
10.00 – 13.00	Xpand morning session
13.00 – 17.00	Lunch, Rest & Kitesurfing at own convenience (Break includes individual practice)
17.00 – 20.00	Xpand afternoon session
21.00 - open end	Dinner

27th May

09.00 – 10.00	Breakfast and daily announcement
10.00 – 13.00	Xpand morning session
13.00 – 17.00	Lunch, Rest & Kitesurfing at own convenience (Break includes individual practice)
17.00 – 19.00	Xpand afternoon session
20.00 - open end	Closing Dinner & Party

28th May

09.00 – 20.00	To fully implement insights and tools gained in the event, we warmly recommend giving yourself an extra day, or at least until the evening, before going back to daily routine.
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THE PACKAGE

Registration is open until March 1st, and is limited to 10 participants. Due to the intimate nature of the event, registration is open for FKC members only.

The ticket price is **3540 EUR per person** and includes:

- Workshop and workshop materials
- Full accommodation* // 5 days (4 nights)
- Full board fresh meals by private chefs
- Snacks and drinks in the villa
- 24/7 transport during the event
- 24/7 concierge services

*Accommodation in a twin shared room. Ticket price does not include transport from/to the airport, and dinners/drinks outside the villa should we decide to dine elsewhere.



CONTACT

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